



October 2016

| | Monday | Tuesday | Wednesday | Thursday | Friday | |
|----|----------------------------------|--|----------------------------------|--|--------|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 5:15-6:00am P90X w/Jill | 11 5:15-6am – PiYo w/Jill 5-6pm – Zumba w/Greg | 12 5:15-6:00am P90X w/Jill | 13 5:15-6am – PiYo w/Jill 5-6pm – Zumba w/Greg | 14 | 15 |
| 16 | 17 5:15-6:00am P90X w/Jill | 18 5:15-6am – PiYo w/Jill 5-6pm – Zumba w/Greg | 19 5:15-6:00am P90X w/Jill | 20 5:15-6am – PiYo w/Jill 5-6pm – Zumba w/Greg | 21 | 22 |
| 23 | 24 5:15-6:00am P90X w/Jill | 25 5:15-6am – PiYo w/Jill 5-6pm – Zumba w/Greg | 26 5:15-6:00am P90X w/Jill | 27 5:15-6am – PiYo w/Jill 5-6pm – Zumba w/Greg | 28 | 29 |
| 30 | 31 5:15-6:00am P90X w/Jill | | | | | |

GET ACTIVE

Health

Group fitness is a great way to improve your overall physical and mental health!! Increase your longevity with our fitness classes!!

Fitness

Group fitness can get you in shape for a specific sport, personal goals, or any physical event.

Fun

Group fitness is a very fun environment for you and your friends to get in shape with the aid of our dynamic instructors!!